



Nutrition

# Weight Class

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Weight classifications shall be as follows:

106 lbs.	132 lbs.	160 lbs.	195 lbs.
113 lbs.	138 lbs.	170 lbs.	220 lbs.
120 lbs.	145 lbs.	182 lbs.	285 lbs.
126 lbs.	152 lbs.		

Girls weight classes for **girls-only** tournaments shall be as follows:

102 lbs.	132 lbs.	162 lbs.	197 lbs.
112 lbs.	142 lbs.	172 lbs.	225 lbs.
122 lbs.	152 lbs.		

# Goal Weight

- What is your goal weight?
- Once you've determined your weight class, you should next develop a plan for making and maintaining the weight. Plan your diet to lose not more than 2-3 pound each week. For example, if you determine you want to lose 10 pounds, allow at least 5 weeks (2 lbs./week) to accomplish your goal. If you plan ahead, the gradual reduction in weight can be easily accomplished. Also, to achieve your goal, you must understand the principles of good nutrition.

# WHAT IS NUTRITION? WHY IS IT IMPORTANT?

- Nutrition is the “fuel” for your body.
- Nutrition and understanding how it works is the key to keeping your body strong and healthy throughout the season (and your life).
- Due to concerns about weight control, some wrestlers choose to skip meals or excessively restrict their daily food intake. *Those practices can be detrimental to their health, as well as academic and athletic performance.*
- **In order to maintain the high energy levels needed for their intense workouts, wrestlers need to eat a healthy, balanced diet on a daily basis.** If wrestlers make food choices that are high in carbohydrate, low in fat, with moderate amounts of protein, they will be able to eat a healthy, balanced diet without the need to be overly concerned about weight.



# Water



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- *The most important nutrient for any athlete is water. Your body is 60-70% water. Water is absolutely essential for optimal health and peak performance. You may be surprised to know that dehydration is a major cause of decreased performance. Some wrestlers are more sensitive to dehydration than others. A fluid loss of 2-3% of your weight can quickly occur during intense training. Even modest levels of dehydration should be avoided because dehydration harms performance.*
- *It is important to drink plenty of fluid during practice and between matches. Not only will you feel better, but you may also find you have more endurance. During physical activity, thirst is not an adequate signal of need for fluid. Follow the fluid guidelines listed below:*
- *Weigh-in before and after training to monitor fluid loss. Drink two cups of fluid for every pound of body weight lost.*
- *Drink 2 1/2 cups of fluid 2 hours before training or competition.*
- *Drink 1 1/2 cups of fluid 15 minutes before competition.*
- *Drink 1 cup of fluid every 15-20 minutes during training and competition.*
- *Avoid beverages containing alcohol and caffeine, as they promote dehydration.*

# Food Sources

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## **CARBOHYDRATES**

- Carbohydrates are the main food source for your body and should make up 55-65% of the total calories you consume. Excellent sources of carbohydrates include breads, pasta, cereals, fruits and vegetables.

## **FATS**

- Everyone needs a little fat in their diets, and wrestlers are no exception. Fat should make up about 20-30% of the calories you consume. Most of the fat we consume is naturally found in foods (meats, nuts, and dairy products) or added during the preparation of food (e.g. fried foods). Sources of additional fat include margarine, peanut butter, and salad dressings.

## **PROTEIN**

- Protein is used for growth and repair of all the cells in your body. Good sources of protein are meat, fish, and poultry. Many plant foods, like beans and nuts, are good protein sources, too. However, nuts are also high in fat and so should be eaten only in small quantities. Your diet should provide 12-15% of its calories as protein. The typical American diet provides more than enough protein, so you don't need to worry too much about your protein intake.

## **VITAMINS AND MINERALS**

- If you eat a balanced diet from the four basic food groups, you will consume all the vitamins and minerals your body needs. Including ample portions of fresh fruits and vegetables in your diet will help ensure an adequate intake of vitamins and minerals. Vitamin and mineral supplements are usually unnecessary, but if you like to have the added "insurance" of taking a supplement, choose a vitamin and mineral supplement that does not exceed 100% of the Recommended Daily Allowance (RDA) for each nutrient.
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**Fruits:**  
**Focus on fruits.**

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

**Vegetables:**  
**Vary your veggies.**

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

**Physical Activity**  
**Find your balance between food & physical activity.**

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# ChooseMyPlate



**Oils:**  
**Know your fats.**

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

**Milk:**  
**Get your calcium-rich foods.**

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

**Grains:**  
**Make at least half your grains whole.**

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

**Meats & Beans**  
**Go lean on protein.**

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

# EAT BEFORE TRAINING AND COMPETITION

- When you eat can often be as important as what you eat before competition and between matches in a tournament. When you eat a regular meal, it takes about three hours for the food to be completely digested and absorbed. As a result, meals are best eaten three to four hours before competition. For athletes too nervous to consume solid foods before competition, special sports nutrition supplements may be an option. Carbohydrate supplements and liquid-nutrition supplements can be taken up to one hour before training or competition, but you should experiment with such products to make certain that you do not experience discomfort. A properly-formulated sports drink can be consumed before, during, and following training or competition to help minimize dehydration and provide a source of energy to working muscles.



# Methods of Weight Control to Avoid

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- **Dehydration**

- Weight loss in wrestling usually occurs in a short period of time and consists primarily of water loss. If you lose weight faster than 2-3 pounds per week, you are likely losing water (and perhaps muscle tissue). Unfortunately, when you rehydrate after weigh-in, your body absorbs water at a relatively slow rate: only about 2 pints per hour, and it takes up to 48 hours for the water balance in your tissues to be restored. The ill effects of dehydration include a decrease in muscular strength and endurance, a decrease in blood flow to muscle tissues, and an impaired ability to properly regulate your body temperature. Therefore, it is recommended that:
  - Wrestlers should limit weight loss by dehydration to a bare minimum.
  - Use of diuretic drugs ("water pills") to help lose water weight should be avoided. These drugs can cause disorders in the way your heart and kidneys function.
  - Wrestlers should not rely upon sitting in a steam room or sauna to cut weight. Exercise in a plastic suit should also be avoided. These practices are strongly discouraged because they can cause rapid dehydration and heat stroke, which may be fatal.

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# Methods of Weight Control to Avoid

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- **Fasting**

- When you do not eat at all (fasting), your body uses its stored nutrients, and weight loss will certainly result. However, fasting quickly reduces your blood sugar, which in turn robs your brain and muscles of their most important energy source. Fasting can cause your muscles to use muscle proteins for energy, even if fat is available. Eat at least the minimum calories your body requires each day so you can maintain your energy and strength while losing weight.

- **Yo-Yo Dieting**

- The greater the peaks and valleys in your body weight, the more difficult it is for your body to function correctly. Studies have shown that alternating between feast and famine may cause your body to use food more efficiently (hanging on more tightly to each calorie). Yo-yo dieting just makes cutting weight more difficult.

- **Diet Pills**

- Using diuretics (water pills) and laxatives to lose weight will dehydrate your body and rob your body of important nutrients. Diet pills can cause many adverse physical as well as psychological effects. Avoid using any of these types of products to lose or maintain weight.



# Breakfast Ideas

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- Drink at least one 6-ounce glass of your favorite juice
- Drink at least one 8-ounce glass of water
- Bagel, English muffin, or whole-wheat toast spread with peanut butter and topped with a sliced banana, or jam
- Bowl of cold or hot cereal with low-fat milk, topped with fresh fruit
- English muffin, or whole-wheat toast spread with jam
- French toast, pancakes, or waffles topped with low-fat yogurt, applesauce, syrup, or jam



# Breakfast Ideas

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- Fresh or canned fruit
- Homemade milkshakes made with low-fat milk, low-fat yogurt, and fruit
- Leftover vegetable pizza
- Poached egg
- Stir cold breakfast cereal into low-fat yogurt





## Lunch Ideas

- Drink at least one 8-ounce glass of water
- Drink at least one 8-ounce glass of low-fat milk
- Whole-wheat or pita bread with turkey, chicken, lean roast beef, or lean ham, and Swiss cheese, and vegetables. (Tomatoes, green peppers, lettuce, cucumbers, onions, and sprouts are all great!)
- Tuna or chicken salad sandwich with low-fat mayonnaise.
- Baked potato topped with low-fat sour cream, mozzarella cheese, salsa, or skim milk
- Vegetable pizza
- English muffin topped with pizza sauce and melted cheese





# Lunch Ideas

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- Chicken noodle soup
- Fresh fruit
- Graham crackers
- Vanilla wafer
- Pudding made with low-fat milk
- Low-fat yogurt
- *Always include at least one serving of vegetables and fruit with lunch*



# Dinner Ideas

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- Drink at least one, 8-ounce glass of water
- Drink at least one, 8-ounce glass of low-fat milk
- Baked potato with low-fat topping
- Baked turkey, white meat without skin
- Bread, muffins, or rolls
- Broiled chicken, white meat without skin
- Brown or white rice
- Cooked vegetables





# Dinner Ideas

- Fruit
- Instant pudding made with low-fat milk
- Lean beef or pork
- Oriental stir fries with rice
- Pasta with tomato sauce or low-fat meat sauce
- Tortillas with low-fat refried beans and salsa
- Tuna-noodle casserole made with water packed tuna



# Snack Ideas

- Peanut butter and jelly sandwich
- Chicken or turkey sandwich with low-fat mayonnaise
- Pretzels
- Fresh fruit
- Pudding pops
- Fruit Newtons
- String cheese
- Fruit bread
- Vanilla wafers
- Fruit bars







# Snack Ideas

- Drink at least 1 8-ounce glass of water with your snack.
- Air popped popcorn
- Low-fat yogurt
- Animal crackers
- Low-fat pudding cups
- Bagels
- Low-fat fruit bars
- Baked snack crackers and cheese
- Oatmeal cookies
- Blueberry muffins
- Ice milk or frozen yogurt
- Vegetables and dip





# Guidelines for eating before Competition

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- **Avoid foods high in salt** as they cause water to leave the muscles where it is needed it to aid performance.
- **Drink at least two, 8-ounce glasses of water with your meal.**
- **Eat 3 - 4 hours before competing.**
- Eat familiar foods that will not cause indigestion.
- Eat foods that are high in carbohydrate and low in fat and protein.
- **Keep the pre-competition meal small.**



Eat Healthy and you will be  
Healthy!

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Questions?